



RESILIENT IDAHO: HOPE LIVES HERE

Documentary Screening & Facilitator Guide

Adverse Childhood Experiences (ACEs) are traumatic experiences in a child's life that have an impact well into adulthood, but those traumatic experiences do not have to be predictive of a child's future. ACEs fall into three categories: abuse, neglect and household dysfunction. Multiple and repeated exposure can increase the risk for chronic disease, mental illness, violence and being a victim of violence. However, it's important to understand that risk factors do not have to be predictive. This documentary examines the effects of ACEs and explores the antidote of resilience.



*Documentary and Facilitator Guide brought to you by the Idaho Resilience Project.
Learn more at www.idahoresilienceproject.com.*

Changing the Conversation

It's time to change the conversation from "what's wrong with you" to "what happened to you and how can we help you". Research has shown the link between childhood trauma and chronic diseases people develop as adults, as well as social and emotional problems.¹ These childhood traumas are referred to as Adverse Childhood Experiences (ACEs). ACEs fall into three categories: abuse, neglect and household dysfunction. Only five states have higher rates of ACEs than Idaho. However, there is something that can be done to combat the negative impact adversity can have on children and adults well-being protective factors. An example of a protective factor is the connection to a caring adult. Children with multiple ACEs whose families have a strong parent-child connection have nearly 400 times greater odds of flourishing.² Flourishing children are resilient children. Resilience is the positive growth and change that comes from experiencing difficult life events when they are buffered by supportive relationships and environments. The Idaho Resilience Project knows that hope and healing can help conquer adversity.

This documentary was created to showcase real Idahoans overcoming adversity. *Resilient Idaho: Hope Lives Here* is intended to be a starting place for conversations on trauma, ACEs and most importantly how to build resilience. As of 2018 - 2019 data, almost $\frac{2}{3}$ of Idaho's population have experienced at least one ACE, and 20% have experienced two or more ACEs—a threshold number for potential negative outcomes.³ The time is now for us all to begin building resilient communities where Idaho's children can thrive.

Using this Guide

Prior to hosting a screening of the documentary, consider the following steps to best maximize the viewers experience.

1. Preview *Resilient Idaho: Hope Lives Here*, to understand the stories and content provided.
2. Review this discussion guide. This guide was intended to be a starting place for a discussion after a screening. Consider tailoring the questions for your audience and your goals for the screening.
3. Prepare an introduction that will resonate with the audience and speak to the "heart" and "head". Consider using information from the opening section of this guide and what you know about the audience.
4. Learn about trauma-informed, ACE's and resilience focused programs in your area. See the Resources section for Idaho resources.
5. Share your experience with the Idaho Resilience Project. We are here to help you plan a screening, provide support and materials, and conduct a post-screening assessment.

¹ PACES Connection. (2017, January 1). *What ACEs and PCEs do you have?* PACES Connection. Retrieved March 9, 2022, from <https://www.pacesconnection.com/blog/got-your-ace-resilience-scores>

² Child and Adolescent Health Measurement Initiative. "Idaho Fact Sheet 2021: Strong Roots Grow a Strong Nation". Child and Adolescent Health Measurement Initiative (CAHMI), Johns Hopkins Bloomberg School of Public Health. Retrieved March, 2022, from https://www.cahmi.org/docs/default-source/resources/2021-aces-fact-sheets/cahmi-state-fact-sheet---id.pdf?sfvrsn=19e4ca5e_2.

³ Child and Adolescent Health Measurement Initiative. "Idaho Fact Sheet 2021: Strong Roots Grow a Strong Nation". Child and Adolescent Health Measurement Initiative (CAHMI), Johns Hopkins Bloomberg School of Public Health. Retrieved March, 2022, from https://www.cahmi.org/docs/default-source/resources/2021-aces-fact-sheets/cahmi-state-fact-sheet---id.pdf?sfvrsn=19e4ca5e_2.

Discussion Questions

The following discussion questions are organized under the Idaho Resilience Project's four focus areas.

*Some of the questions in this guide were repurposed from **The Facilitator's Guide to Resilience** from Prevent Childhood Abuse America and KPJR films.*

Promote Awareness, Education and Advocacy

- What were your insights from the screening? New things you learned? Takeaways?
- What are some examples of situations where you could have asked "what happened" instead? What would you do differently after watching?
- What is a health or social issue you noticed in the film that you were surprised to be tied back to ACEs and other toxic stressors?
- How can you share what you learned about toxic stress in your personal and professional life?

Support Evidenced-Based Strategies for Prevention and Intervention

- What are programs and policies your community is already supporting that help to build resilience?
- What can we do if a child we know needs our support; such as one of our child's friends?
- What other support or resources can we provide to build resilience in children and strengthen families?
- How can you influence the development of these needed supports and resources?

Build H.O.P.E (Healthy Outcomes from Positive Experiences)

- What does resilience mean to you?
- What strategies or methods are helpful to build resilience in your everyday life?
- How can we help children who have been exposed to trauma become more resilient?
- How do we approach conversations around parenting? How do we better discuss that all parents need support sometimes and it's okay to ask for help?

Develop and Activate Community Partnerships

- What are some examples of how our community is coming together? Are there ways we can do a better job of staying connected?
- How do we ensure that our community offers help or support even when parents/families don't ask, but are still in need?
- How might we inspire community members to stand up and be an ally and advocate for children with high ACEs scores?

Contact Us

We are here to help you plan a screening. If you need additional ideas, support, or materials, contact us at info@idahoresilienceproject.org.

Thank you for continuing the discussion on ACEs and Resilience in Idaho!